

TECHNIQUE™

by cook's essentials®



FOOD PROCESSOR

MODEL CETOFP263

OWNER'S MANUAL

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put cord, plug, or appliance in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact Consumer Service for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter.
10. Do not let cord contact any hot surface, including the stove.
11. Keep hands and utensils away from moving blades or discs while processing food to reduce the risk of severe injury to persons or damage to the Food Processor. A scraper may be used, but must be used only when the Food Processor is not running.
12. Blades are sharp. Handle carefully.
13. To reduce the risk of injury, never place Cutting Blade or Discs on Base without first putting Processing Bowl properly in place.
14. Be certain Cover is securely locked in place before operating appliance.
15. Never feed food by hand. Always use Food Pusher.
16. Do not attempt to defeat the Cover Interlock Mechanism.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

ADDITIONAL IMPORTANT SAFEGUARDS

1. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
3. Do not leave this appliance unattended during use.
4. If this appliance begins to malfunction during use, immediately turn the unit OFF and unplug the cord. Do not use or attempt to repair the malfunctioning appliance.
5. If this appliance falls or accidentally becomes immersed in water, unplug it immediately. **Do not reach into the water!** Do not use this appliance after it has fallen into or becomes immersed in water.
6. To reduce the risk of injury to persons or property, never use this appliance in an unstable position.
7. Do not use this appliance for other than its intended use.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

PLASTICIZER WARNING

CAUTION: To prevent Plasticizers from migrating from the finish of the counter top or table top or other furniture, place NON-PLASTIC coasters or place mats between the appliance and the finish of the counter top or table top.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

ELECTRIC POWER

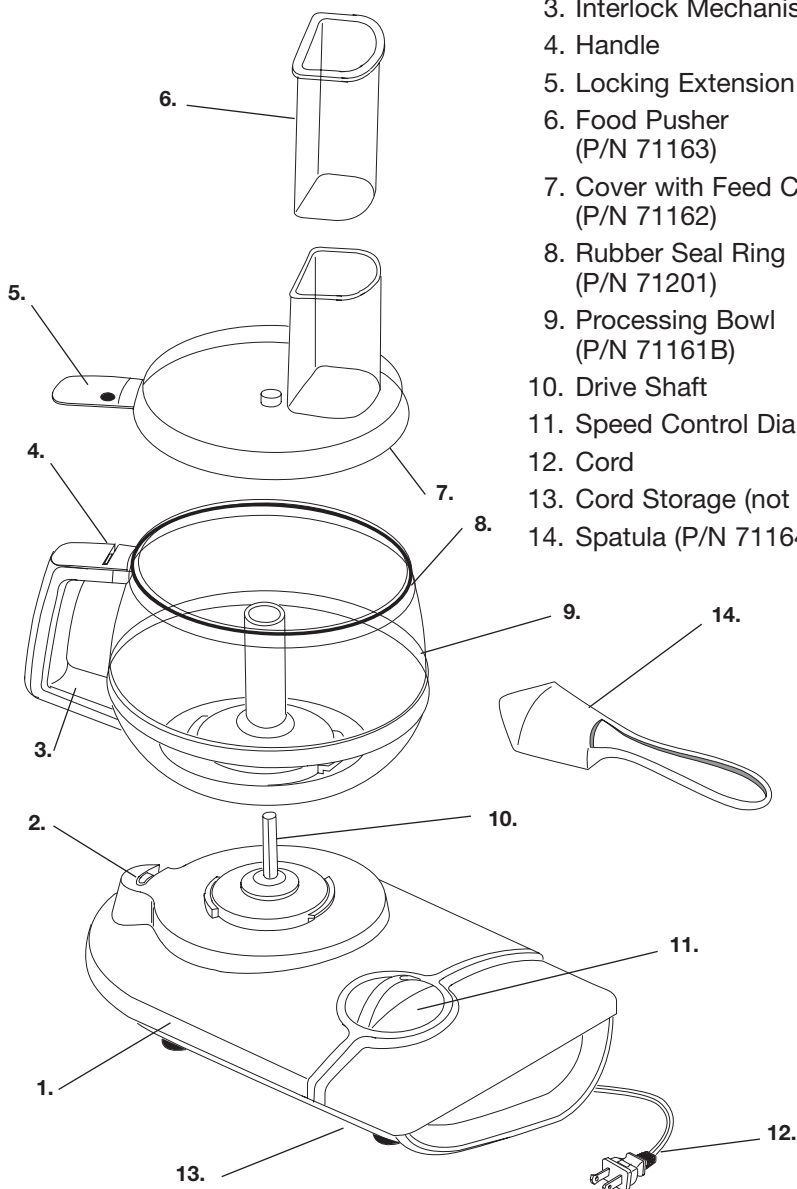
If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

INTRODUCTION

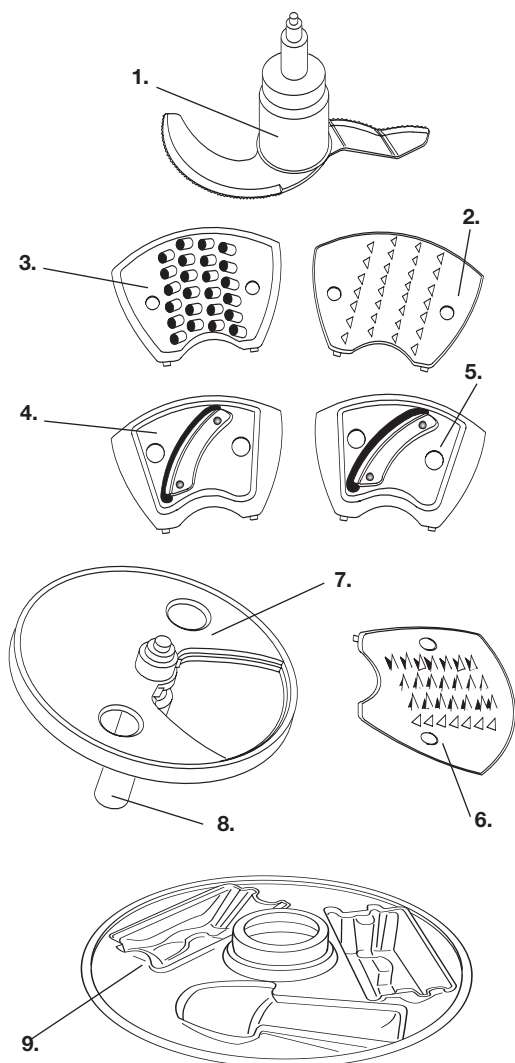
Congratulations on your purchase of the cook's essentials® Food Processor — its sleek styling will complement any kitchen counter. The 6 included processing blades: 1 chopping blade; 2 shredding blades, fine and coarse; 2 slicing blades, fine and coarse, and 1 cheese grating blade provide complete processing versatility in the kitchen. Use the chopping blade to prepare salsas, salad dressings, pestos, relishes, dips, chop herbs and fresh meat, and more. The grating, shredding and slicing blades assemble easily. Slice fruits and vegetables quickly and effortlessly for professional-looking food preparation. Shred fresh cheese for your favorite recipes. Easy-to-clean, simply wipe the power base with a soft, damp cloth and place the other parts in the dishwasher. This Food Processor even comes with its own spatula.

GETTING TO KNOW YOUR cook's essentials® CETOF263 FOOD PROCESSOR

1. Food Processor Power Base
2. Interlock Mechanism, Lower
3. Interlock Mechanism, Upper
4. Handle
5. Locking Extension
6. Food Pusher (P/N 71163)
7. Cover with Feed Chute (P/N 71162)
8. Rubber Seal Ring (P/N 71201)
9. Processing Bowl (P/N 71161B)
10. Drive Shaft
11. Speed Control Dial
12. Cord
13. Cord Storage (not shown)
14. Spatula (P/N 71164)



FOOD PROCESSOR ATTACHMENTS



1. Chopping Blade

(P/N 71165)

Stainless Steel Blade designed for cutting and kneading

2. FINE Shredding/Grating Blade 'F'

(P/N 71166)

Stainless Steel Shredding Blade

3. COARSE Shredding Blade 'C'

(P/N 71167) Stainless Steel Shredding Blade

4. FINE Slicing Blade 'F'

(P/N 71168) Stainless Steel Slicing Blade

5. COARSE Slicing Blade 'C'

(P/N 71169) Stainless Steel Slicing Blade

6. Cheese Grating Blade 'CHEESE'

(P/N 71198)

Stainless Steel Blade designed to finely grate fresh cheese

7. Blade Holder

(P/N 71170)

Designed to hold a Shredding or Slicing or Cheese Blade, with finger holes

8. Blade Holder Stem

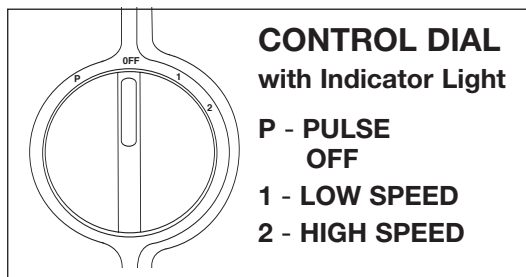
(P/N 71183)

Fits over Drive Shaft to support Blade Holder

9. Storage Tray

(P/N 71199)

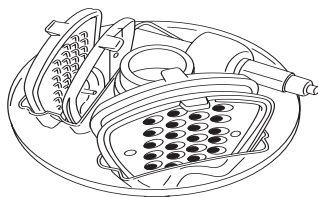
Holds 4 unused Blades and Blade Holder Stem



BEFORE FIRST USE

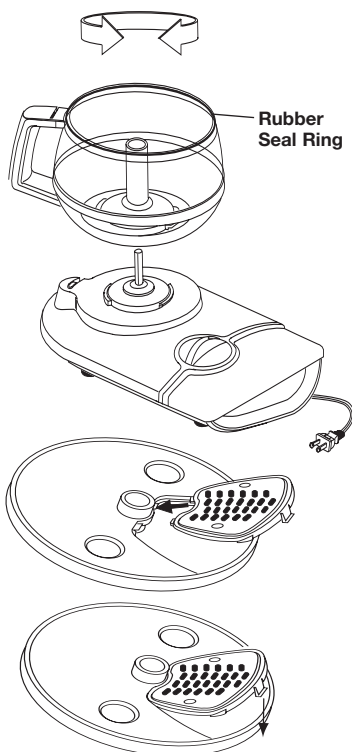
WARNING: Blade Attachments are very sharp. Use extreme care when handling Blades. Failure to do so can result in personal injury.

1. Carefully unpack the Food Processor. The Storage Tray is packed with 4 Blades and the Blade Holder Stem. Wash the Processing Bowl, Cover with Feed Chute, Food Pusher, Spatula and all Attachments in warm soapy water. Rinse and dry thoroughly.
2. Wipe the Food Processor Power Base with a soft, moistened cloth.
Never immerse the Food Processor Power Base in water or any other liquid.
3. Store spare Blades and Blade Holder Stem in Storage Stand (see illustration) and keep nearby for easy accessibility.

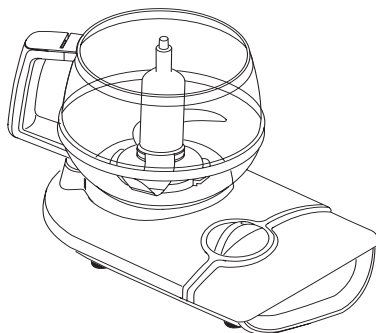
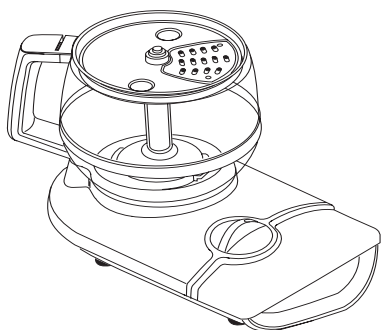


ASSEMBLY INSTRUCTIONS

1. Before assembling the Food Processor, make sure that the Cord is unplugged.
2. Place the Food Processor Power Base facing you on a dry, level surface.
3. Make sure the Rubber Seal Ring is in position, flat and not twisted, in the upper groove along the top of the Processing Bowl.
4. Place the Processing Bowl onto the Power Base. The Bowl will only sit correctly when the Handle is positioned to the left at the ten o'clock position.
5. Turn the Processing Bowl counter-clockwise to engage the locking tabs and the Power Base Interlock Mechanism.
6. Determine which Blade Attachment is to be used; Chopping, Cheese Grating, Shredding or Slicing. If shredding, slicing, or grating, insert the appropriate Blade (COARSE or FINE or CHEESE) into the top side of the Blade Holder, making sure it snaps in place. See illustration.



ASSEMBLY INSTRUCTIONS (CONTINUED)



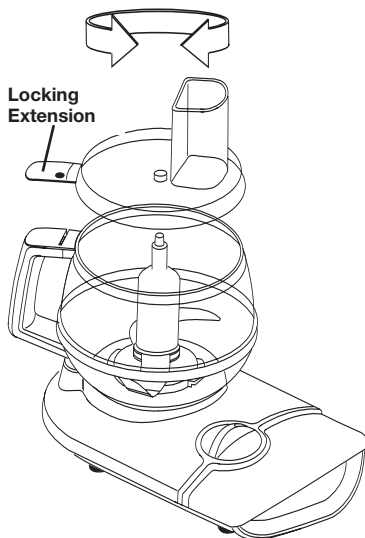
7. To chop foods, fit the Chopping Blade over the Drive Shaft. To slice, shred or grate cheese, use the Blade Holder Assembly (with the proper Blade Attachment). To use the Blade Holder, first slip the Blade Holder Stem over the Drive Shaft. Using the finger holes, attach the Blade Holder (sharp cutting edge up) to the Blade Holder Stem.

8. To assemble the Processing Bowl and Cover:

Place the Cover on the Processing Bowl with the locking extension at approximately the nine o'clock position. Turn the Cover counter-clockwise to engage the locking tabs and the Upper Interlock Mechanism in the Processing Bowl Handle.

NOTE: If the Lid is difficult to assemble, make sure the Rubber Seal Ring fits flat and not twisted, in the upper groove along the top of the Processing Bowl. Remove Ring and reattach if necessary.

NOTE: If the Processing Bowl and the Cover are not correctly assembled, the Upper and Lower Safety Interlock Mechanism will not be closed and the Food Processor will not function.



9. Insert the Food Pusher in the Feed Tube on the Cover.
10. Make sure the Speed Control Dial is in the OFF position, then plug the Cord into a 120V AC power outlet.
11. The Food Processor is now ready for use.

INSTRUCTIONS FOR USE

SLICING AND SHREDDING / GRATING CHEESE

CAUTION: Always unplug Food Processor from outlet before installing or removing Attachments.

CAUTION: Use extreme care when handling the Slicing/ Shredding or Cheese Grating Blades. Do not touch the cutting edges with your fingers. The cutting edges are very sharp and can cause injury if touched.

1. Make sure the unit is unplugged. Remove Storage Tray from the Processing Bowl as outlined in the BEFORE FIRST USE section of this Owner's Manual. Keep the Storage Tray out of the way, where it cannot be tipped over and make sure the Tray and all Blades are out of the reach of children. Attach the Processing Bowl to the Power Base. See ASSEMBLY INSTRUCTIONS for details.
2. Insert the appropriate Blade: Slicing or Shredding Blade (COARSE or FINE) or Cheese Blade into the Blade Holder. See ASSEMBLY INSTRUCTIONS for specific details.
3. Insert the Blade Holder Assembly (Blade Holder and Stem) in the Processing Bowl over the Drive Shaft.
4. Place the Cover on the Processing Bowl. See ASSEMBLY INSTRUCTIONS for details. The Cover must be assembled properly for operation.

NOTE: If the Lid is difficult to assemble, make sure the Rubber Seal Ring fits flat and not twisted, in the upper groove along the top of the Processing Bowl. Remove Ring and reattach if necessary.

NOTE: If the Processing Bowl and the Cover are not correctly assembled, the Upper and Lower Safety Interlock Mechanism will not be closed and the Food Processor will not function.

5. Make sure Control Dial is in the OFF position; then plug the Food Processor into a 120V AC electrical outlet.
6. Remove the Food Pusher and insert the food to be processed into the Feed Chute (see FOOD PROCESSING HINTS for food preparation details). Turn the Speed Control Dial to desired speed; the Indicator Light will illuminate. Use even, constant pressure on the Food Pusher to feed food into the Feed Chute. If processing slows or seems labored, increase the Speed Control Dial from 1 to 2 or turn past the OFF position and select the PULSE setting.

INSTRUCTIONS FOR USE (CONTINUED)

NOTE: Do not use excessive force or you will damage the Food Processor.

CAUTION: Never use fingers or other utensils to push food down the Feed Chute. Always use the Food Pusher.

7. When finished processing, move the Speed Control Dial to OFF, the Indicator Light will go off, and unplug the unit.

NOTE: This Food Processor is equipped with an automatic brake that will stop the rotation of the Blade within seconds. Although this automatic brake provides an additional measure of safety, make sure that the Blade has completely stopped before you remove the Cover or unplug the unit.

8. Turn the Cover clockwise to disengage the locking tabs and lift the Cover from the Processing Bowl.
9. Carefully lift the Blade Holder Assembly (Blade Holder and Stem) from the Processing Bowl using the finger holes. Remove the Blade Holder Stem from the Blade Holder.
10. Turn the Processing Bowl Handle clockwise to disengage the locking tabs and lift the Processing Bowl from the Power Base.
11. Remove contents from the Processing Bowl and the Blade Holder Assembly with the Spatula.

CHOPPING

CAUTION: Always unplug Food Processor from outlet before installing or removing Attachments.

CAUTION: Use extreme care when handling the Chopping Blade. Do not touch the cutting edges with your fingers. The cutting edges are very sharp and can cause injury if touched.

1. Make sure the unit is unplugged. Attach the Processing Bowl to the Power Base. See Assembly Instructions for details.
2. Grasping the Chopping Blade by the center stem, insert the Chopping Blade into the Processing Bowl over the Drive Shaft.
3. Place up to 8 cups of the food to be chopped into the Processing Bowl (see FOOD PROCESSING HINTS for food preparation details).

INSTRUCTIONS FOR USE (CONTINUED)

4. Place the Cover on the Processing Bowl. See ASSEMBLY INSTRUCTIONS for details. The Cover must be assembled properly for operation.

NOTE: If the Lid is difficult to assemble, make sure the Rubber Seal Ring fits flat and not twisted, in the upper groove along the top of the Processing Bowl. Remove Ring and reattach if necessary.

NOTE: If the Processing Bowl and the Cover are not correctly assembled, the Upper and Lower Safety Interlock Mechanism will not be closed and the Food Processor will not function.

5. Make sure unit is in the OFF position; then plug the Food Processor into a 120V AC electrical outlet.
6. Turn the Speed Control Dial to the desired speed setting. The Indicator Light will illuminate. If processing slows or seems labored, increase the Speed Control Dial from 1 to 2 or turn to OFF and select the PULSE setting. Additional ingredients may be added through the Feed Chute while processing.

CAUTION: Never use fingers or other utensils to push food down the Feed Chute. Always use the Food Pusher.

7. When finished processing, move the Speed Control Dial to OFF, the Indicator Light will go off, and unplug the unit.

NOTE: This Food Processor is equipped with an automatic brake that will stop the rotation of the Blade within seconds. Although this automatic brake provides an additional measure of safety, make sure that the Blade has completely stopped before you remove the Cover or unplug the unit.

8. Turn the Cover clockwise to disengage the locking tabs and lift the Cover from the Processing Bowl.
9. Carefully lift the Chopping Blade from the Processing Bowl.
10. Turn the Processing Bowl Handle clockwise to disengage the locking tabs and lift the Processing Bowl from the Power Base.
11. Remove contents from the Processing Bowl and the Chopping Blade with the Spatula.

ATTACHMENT BLADE GUIDE

SLICING BLADE: Cut food to fit Feed Chute, use Speed 1	
FOOD	BLADE
Apple	Coarse
Cabbage/Lettuce	Coarse
Carrots	Fine or Coarse
Celery	Fine or Coarse
Cucumber	Fine or Coarse
Mushrooms	Fine or Coarse
Onions	Fine or Coarse
Peppers	Fine or Coarse
Potatoes	Fine or Coarse
Summer Squash	Fine or Coarse

CHEESE GRATING/SHREDDING BLADE: Cut food to fit Feed Chute, use Speed 1	
FOOD	BLADE
Apple	Coarse
Carrots	Coarse
Cheese, hard Parmesan, Romano	Cheese or Coarse
Cheese, soft or semi-soft Cheddar, mozzarella, Swiss	Cheese or Coarse
Summer Squash	Cheese or Coarse

CHOPPING BLADE: Push food from sides of Processing Bowl with Spatula when necessary	
FOOD	SPEED
Apple	PULSE
Bread	1 or 2
Cabbage	1 or 2
Carrots	1 or 2
Celery	PULSE
Crackers	1 or 2
Eggs, hard boiled	PULSE
Garlic	PULSE
Mushrooms	PULSE
Onions	PULSE
Parsley or other Herbs	1 or 2
Peppers	PULSE
Potatoes	PULSE
Walnuts	PULSE

FOOD PROCESSING HINTS

- **Chopping:** For best results, cut or tear food into pieces approximately equal in size before processing. The finished results will be more uniform. Consistent processing results are achieved if the container has 2 to 8 cups of fruits or vegetables.
- **Mincing:** Pre-cooked meat into cubes approximately 1-inch square.
- **Fruits and Vegetables:** Before processing fruits and vegetables, clean and cut into 1-inch pieces.
- **Mixing:** Quantities that can be processed in the Processing Bowl will vary depending upon the density of the ingredients being used.
- **Adding Ingredients:** Pour liquid ingredients through the Feed Tube in the Cover while the Food Processor is in operation.
- **Using the Feed Tube:** The most important factor for successful slicing and shredding is the way in which the food is packed into the Feed Tube. The Feed Tube should always be packed firmly to allow each piece of food to support the others. There will always be a small portion of food left unprocessed between the Food Pusher and the Blade.

CAUTION: Never use fingers or other utensils to push food down the Feed Chute. Always use the Food Pusher.

- **Slicing and Shredding:** Cut all ingredients to a size that fits comfortably into the Feed Tube. Pack the Feed Tube and, while holding food steady and upright with the Food Pusher, press down evenly until all ingredients are sliced or shredded. Do not use excessive force or you may damage the Food Processor.

Long Slices: Pack food items horizontally in Feed Tube.

Short Slices: Pack food items vertically in Feed Tube.

Shredding/Grating: For best results remember that softer foods such as cheese (Cheddar, mozzarella or Swiss) should be well chilled before processing. Harder foods such as Parmesan or Romano cheese should be at room temperature before grating or shredding.

NOTE: When grating hard cheese such as Parmesan, do not apply excessive pressure to the Food Pusher.

USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly must be performed by a qualified appliance repair technician.

CLEANING INSTRUCTIONS

CAUTION: The Blades are sharp! Handle with care!

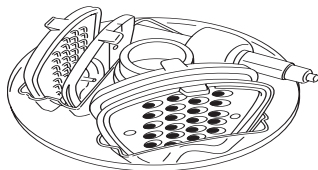
Use extreme care when handling the Blades. Do not touch the Blades with your fingers. The Blades are very sharp and can cause injury if touched.

CAUTION: Never place Food Processor Power Base in water or any other liquid.

1. Always unplug the unit before cleaning. Make sure the Chopping Blade or Blade Holder Assembly has completely stopped before any disassembly.
2. Remove all Attachments.
3. Wash the Processor Bowl with Rubber Seal Ring, Lid with Feed Chute, Food Pusher, Blade Holder, Blade Holder Stem, Cheese Blade, Slicing/Shredding Blades, Chopping Blade and Spatula in warm soapy water. Removable parts may also be cleaned in the dishwasher. Load parts on the top rack, away from the dishwasher heating coil.
4. **Never immerse the Processor Power Base in water or any other liquid.** If necessary, wipe exterior surface with a soft, damp cloth or sponge and dry thoroughly.

STORAGE INSTRUCTIONS

1. Pack the Storage Tray. Fit the Blade Holder Stem down into the recessed area of the Tray. The unused Blades fit easily into any of the 4 storage areas (see illustration); the last Blade is stored assembled in the unit.
2. Make sure the Rubber Seal Ring fits flat and not twisted, in the upper groove along the top of the Processing Bowl. Place the Processing Bowl in position on the Power Base. Grasping the Storage Tray's center hub, lower the packed Storage Tray into the Bowl. Replace the Lid and lock before storing.
3. Push the cord into the Cord Storage area located on the underside of the appliance. Never wrap the cord around the appliance. The appliance should be stored in a clean, dry place.



Storage Tray with Attachments

RECIPES

SPINACH DIP

- 1 (10-ounce) package, frozen chopped spinach, defrosted
- 1 (8-ounce) can sliced water chestnuts, drained
- 2 cloves garlic
- 1 cup plain yogurt
- 2 bunches green onions, cut into 1-inch pieces
- 1 cup sour cream
- 2 teaspoons salt
- 1 teaspoon dried tarragon leaves
- 1/2 teaspoon dry mustard
- 1/2 teaspoon pepper

Place all of the ingredients into the Processing Bowl with the Chopping Blade. Chop on Speed 2 until blended. Remove from the Processing Bowl, cover and refrigerate for 2 hours to enhance flavor.

Yield: 4 cups

CRAB DIP

- 1 (8-ounce) container lump crab meat
- 1 medium cucumber peeled, cut in half and seeded,
cut into 1-inch pieces
- 11 ounces cream cheese, softened
- 1/3 cup mayonnaise
- 2 teaspoons chili sauce
- 2 teaspoons Worcestershire sauce
- 1/8 teaspoon sugar
- 3/4 teaspoon Old Bay® seasoning
- Salt and pepper to taste

Add all ingredients to the Food Processor with the Chopping Blade. PULSE until ingredients are chopped and mixed. Remove from the Processing Bowl, cover and refrigerate for 2 hours to enhance flavor.

Yield: 4 cups

PIMENTO CHEESE SPREAD

1 (16-ounce) block Cheddar cheese
1 (4-ounce) jar pimentos, drained
2 cups salad dressing

Use the Coarse Shredding Blade to shred the cheese then remove from the Processing Bowl. Place the Chopping Blade into the Processing Bowl and add the pimentos, salad dressing and cheese. Process the mixture on Speed 1 until blended. Remove from the Processing Bowl, cover and refrigerate for 2 hours.

Yield: 4 cups

FRESH SALSA

10 Roma tomatoes, quartered and seeds removed
1 medium jalapeno pepper, halved, seeds removed
1 large onion, cut into 1-inch cubes
1/2 cup packed fresh cilantro leaves stripped from the stems
1 teaspoon cider vinegar
1 teaspoon salt
1/2 teaspoon black pepper

Place all of the ingredients into the Processing Bowl with the Chopping Blade. PULSE until coarsely chopped. Remove from the Processing Bowl, cover and refrigerate for 2 hours.

Yield: 3 cups

PEANUT BUTTER

12 ounces cocktail party peanuts
3 tablespoons honey
1/2 teaspoon cinnamon

Place all of the ingredients into the Processing Bowl with the Chopping Blade. Chop on Speed 2 until smooth. Remove from the Processing Bowl and serve. Store in the refrigerator to keep fresh.

Yield: 1-1/2 cups

BRUSCHETTA

Topping:

8 Roma tomatoes, quartered and seeds removed
1/4 cup packed fresh basil leaves, (about 15)
1/2 medium onion, cut into 1 inch cubes
3 cloves garlic
2 tablespoons olive oil
1 teaspoon red wine vinegar
1/2 teaspoon salt
1/4 teaspoon black pepper

Bread:

1 loaf French Baguette or crusty Italian bread
cut diagonally into 1/2 inch slices
2 teaspoons garlic salt
3/4 cup olive oil

Place all of the topping ingredients into the Processing Bowl with the Chopping Blade. PULSE until coarsely chopped. Remove from the Processing Bowl to serve on warm grilled bread.

Mix together olive oil and garlic salt. Brush both sides of the sliced bread with the oil mixture. Lightly brown both sides of the bread. Top warm bread with Bruschetta and serve.

Yield: 3 cups bruschetta

MEATBALLS

1 pound tenderized stew meat
1 slice bread, tear in 1-inch pieces
1 small onion, cut into 1-inch pieces
1 clove garlic
1 egg
1/2 teaspoon dried thyme
Salt and pepper to taste
1/2 cup all-purpose flour

Place all of the ingredients, except flour, into the Processing Bowl with the Chopping Blade. Chop on Speed 2 until meat is ground and ingredients are mixed together. DO NOT over process.

Shape into 2-inch meatballs and coat with flour. Heat oil in skillet and cook meatballs until done.

Yield: 12 meatballs

MACARONI SALAD

3 cups uncooked elbow macaroni
1 tablespoon vegetable oil
1/2 onion, cut into 1-inch cubes
2 stalks celery, cut into 1-inch pieces
1 carrot, cut into 1-inch pieces
1/2 green pepper, cut into 1-inch pieces
3 hard-boiled eggs, cut in half

Dressing:

1-1/3 cups sugar
1/2 cup vinegar
2 eggs
1-1/2 teaspoons salt
1 cup salad dressing
1-1/2 teaspoons prepared mustard
1 (5 1/3-ounce) can evaporated milk

Cook macaroni, drain and stir in oil. Place the onion, celery, carrot, green pepper and hard-boiled eggs into the Processing Bowl with the Chopping Blade. PULSE the food until coarsely chopped, stir into the cooked macaroni.

To make dressing, combine sugar, vinegar, eggs and salt. Bring to a boil over medium heat, stirring frequently. Cool and stir in rest of dressing ingredients. Pour over macaroni mixture, refrigerate several hours.

Yield: 12 servings

